



# NEGATIVE MOOD REGULATIONS IN SPORTSPERSONS: WITH REFERENCE TO LEVEL OF PARTICIPATION

Dr. Ashish Pandey<sup>1</sup> | Prof. Alka Nayak<sup>2</sup>

<sup>1</sup> HOD- Department of Physical Education, MMYVV Jabalpur M.P.

<sup>2</sup> Department of Physical Education, RDVV, Jabalpur M.P.

## ABSTRACT

The aim of the present study is to compare ability of sportspersons to regulate their negative mood on the basis of their level of participation. For present study, 30 national level sportspersons (Ave. age 26.12 yrs.), 30 state level sportspersons (Ave. age 25.34 yrs.) and 30 district level sportspersons (Ave. age 23.11 yrs.) were selected as sample. The sample comprise of subjects from both the sexes. Purposive sampling was used in the present study. Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was used to collect psychological data. One Way ANOVA and LSD test reveal that ability to regulate negative mood was found to be significantly higher in national level sportspersons as compared to state and district level sportspersons. It was concluded that sportspersons competing in national level have strong belief that they can cope with any situations which culminates into their superior negative mood regulation ability as compared to state and district level sportspersons.

**KEYWORDS:** Negative Mood Regulation, Level of Participation, Sportsperson.

## INTRODUCTION:

According to Lane and Terry (2000) mood is defined as "A SET OF FEELINGS, EPHEMERAL IN NATURE, VARYING IN INTENSITY AND DURATION, AND USUALLY INVOLVING MORE THAN ONE EMOTION". Many psychologist criticised this definition of mood because the definition unable to distinguish between emotion and mood.

According to Parkinson, Totterdell, Briner, & Reynolds (1996), "Emotions are caused by specific events localized in time, whereas moods build up as a consequence of either a concatenation of minor incidents, persistent conditions in the environment, and/or internal metabolic or cognitive processes".

Beedy and Terry et al. (2005) included following in defining mood : Individual may be unaware of cause, Cause is less well defined, Largely cognitive, More controllable, Less visible, Enduring, Diffuse, Not about anything in particular, More stable and lastly Rises and dissipates slowly.

Negative moods can be referred to individual's perception towards world around them and they can also direct the behaviour also. Negative moods can affect an individual's judgment and perception of objects and events. Negative moods have been connected with depression, anxiety, aggression, poor self-esteem, physiological stress.

As far as relationship between performance and negative mood regulation is concerned, depressed mood tend to reduce coping ability as well as ability of an individual (Rokke, 1993). Muraven, Tice, & Baumeister, (1998) opined that failing to cope with negative mood tend to reduce physical performance.

Totterdell and Leach (2001) also reported that negative mood regulation expectancy facilitate sports performance.

It is true that Yadav et al. (2012), Ghosh (2014), Biswas et al. (2015), Bajpai and Nagma Sultana (2015) to name a few have conducted studies which were associated with comparative analysis of psychological variables between sportspersons with different level of participation. It is also true that despite research under sports psychology on negative mood regulation, no study yet has been conducted in India in which negative mood regulations have been explored in the light of level of participation. Hence to address this issue, the present study was planned to compare negative mood regulation in sportspersons on the basis of their level of participation.

## HYPOTHESIS

Ability to cope with negative mood will be significantly superior in national level sportspersons as compared to state and district level sportspersons.

## Methodology:

The following methodological steps were taken in order to conduct the present study.

## Sample:

For present study, 30 national level sportspersons (Ave. age 26.12 yrs.), 30 state level sportspersons (Ave. age 25.34 yrs.) and 30 district level sportspersons (Ave.

age 23.11 yrs.) were selected as sample. The sample comprise of subjects from both the sexes. Purposive sampling was used in the present study.

## Tools:

### Mood Regulation Scale:

To measure mood regulation in selected subjects, Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was used. It consists of 30 items to assess ability to regulate negative mood. This scale is highly reliable and valid.

## Procedure:

- 30 national, 30 state and 30 district level sportspersons from different sports were identified.
- After obtaining consent from these subjects about their voluntarily written consent for participation in this study, Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was administered to each subject in a laboratory like condition.
- The responses of each subject were scored off as prescribed in author's manual. After scoring the data was tabulated as per pre defined study groups.
- One Way ANOVA was used to compare negative mood regulations among sportspersons with different level of participation.
- The analysis of data is presented in table 1 and 2 respectively.

## ANALYSIS OF DATA:

**Table 1**  
**Descriptive Statistics on Negative Mood Regulation Scale in a Group of National, State and District Level Sportspersons (N=90)**

Groups	N	Negative Mood Regulation	
		Mean	S.D.
National Level Sportspersons	30	131.23	10.68
State Level Sportspersons	30	124.60	10.74
District Level Sportspersons	30	123.83	12.06
F=3.97, p<.05			

Results obtained through One Way ANOVA indicate that negative mood regulation of national, state and district level sportspersons did differ significantly with each other. The F ratio of 3.97, which met the criteria of statistical significance adds weightage to this finding.

Least Significant Difference Test presented in table no. 2 gives group-wise comparison of mean scores on negative mood regulation.

Table 2

Comparison of Mean Scores on Negative Mood Regulation in a Group of National, State and District Level Sportspersons (N=90)

Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Sportspersons	State Level Sportspersons	6.63*
	District Level Sportspersons	7.40*
State Level Sportspersons	National Level Sportspersons	-6.63*
	District Level Sportspersons	.76
District Level Sportspersons	National Level Sportspersons	-7.40*
	State Level Sportspersons	-.76

\*Significant at .05 level

A perusal of entries reported in table 2 gives following inferences:

- National level sportspersons exhibited significantly superior ability to regulate their negative mood (M=131.23) as compared to state (M=124.60) and district level sportspersons (M=123.83). The mean difference of 6.63 and 7.40 respectively were found to be statistically significant at .05 level.
- No significant difference was observed in negative mood regulations of state (M=124.60) and district level sportspersons (M=123.83). The mean difference of .76 was not found to be statistically significant.

On the basis of analysis of data, following results are obtained:

#### RESULTS :

- Ability to regular negative emotions was found to be significantly better in national level sportsperson as compared to state and district level sportspersons.
- Ability of state and district level sportspersons to regulate their negative emotions did not differ significantly with each other.

#### DISCUSSION:

Morgan (1979) found that positive mood states scores were able to correctly classify 70% of athletes who were selected or not selected for an Olympic squad. A sportsperson with a negative mood tend to think that the task is too difficult to attain so they do not make enough attempt to achieve that task. This is the reason that negative mood regulations differ significantly between national, state and district level sportspersons because national level sportspersons take negative mood as warning sign and consciously make more effort to achieve a task or maintain a particular standard.

#### CONCLUSION:

On the basis of results, it was concluded that ability to deal with negative mood did differ significantly among sportspersons on the basis of their level of participation.

#### REFERENCES:

- Bajpai, S. and Nagma Sultana (2015). A comparative assessment of self confidence among male volleyball players with varying degree of sports achievements. Academic Sports Scholar, Vol. IV, Issue IX, 3-5.
- Beedie, C. J., Lane, A. M., & Terry, P. C. (2005). Development and validation of the Emotion and Mood Components of Anxiety Questionnaire. In T. Morris, P. Terry et al. (Eds.), Promoting health and performance for life: Proceedings of the ISSP 11th World Congress of Sport Psychology [CD-ROM]. Sydney: International Society of Sport Psychology.
- Biswas, M., Bauri, R. and Halder, S. (2015). A Study on Personality Profile of Elite Kabaddi Players. IOSR Journal of Humanities And Social Science (IOSR-JHSS), Volume 20, Issue 10, pp. 8-12.
- Ghosh, M.; Kamrul Hassan, M. and Ghosh A. (2014). Comparative Study on Self Confidence among University Level Football, Kho-Kho and Kabaddi Players. IOSR Journal of Sports and Physical Education (IOSR-JSPE), Volume 1, Issue 3, 16-18.
- Lane, A. M., & Terry, P. C. (2000). The nature of mood: Development of a conceptual model with a focus on depression. Journal of Applied Sport Psychology, 12, 16-33.
- Morgan, W. P., & Johnson, R. W. (1978). Personality characteristics of successful and unsuccessful oarsmen. International Journal of Sport Psychology, 9, 119-133.
- Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? Psychological Bulletin, 126, 247-259.
- Parkinson, B., Totterdell, P., Briner, R. B., & Reynolds, S. (1996). Changing moods: The psychology of mood and mood regulation. London: Longman.
- Rokke, P. D. (1993). Social context and perceived task difficulty as mediators of depressive self-evaluation. Emotion and Motivation, 17, 23-40.
- Yadav, S.K.; Shukla, U.N. and Yadav, A. (2012). Assessment of specific psychological skills of basketball players of different levels of achievement. International Journal of Physical Education, Sports and Yogic Sciences, Vol. 2 No. 1: 38-40.